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editorial

Seventy and counting

Will Nicholls

here is a mysticism that we humans give to numbers. We'll put on a gala for the 10th, 20th or 25th anniversary of an event. We don't seem to give the same meaning if it is the 9th, 11th, or 26th anniversary. The reason I bring this up is that my dad, Ken Nicholls, turned 75 this year and we had an affair for him. It was a significant year for us and by the way, the affair was not the 20-something blonde he keeps asking us for (just joking). I wonder if some of this comes from the fact that only a few centuries ago people used have problems living past 50.

To know that your dad has lived for three quarters of a century starts you thinking and remembering. My dad grew up on a farm, later moving to Larder Lake. He started working at the young age of 14, which was normal for those times.

Through his life he would do many things. I remember one story of when, as a young man, he worked as a driller. Part of his job was to blow out the excess gas from part of the drilling platform at the end of the job before packing up. Someone had left the fire going and he got a throat full of gas and fire. He alternately walked and rode a horse-drawn sled to the hospital.

He still remembers that while his throat healed he hated people who brought him fruit. Whenever someone would eat one it would be torment for him as he couldn't eat. The smells would drive him crazy. I like the idea of a fruit basket for someone in the hospital but because of that story I am always careful to see if the patient can eat also.

My dad, like most dads, taught me a lot about life, but one thing stands out. I noticed that when someone would come to him with a personal



problem he would listen. When he would talk it would be to ask for more information or to help the person look at the problem from a new angle. He rarely gave advice but rather helped them to find their own solution to the problem. I found this to be fascinating.

Of course, when the problem was mechanical or in an area of his expertise, (you should see how many diplomas dad has, over 50 at least), dad could be a bear. He would tell you what to do about it, but rarely was patient with those who didn't know what they were talking about. I always wondered how he would have done as a journalist.

I know that this deep sense of right and wrong comes from or is severely reinforced by him. He would never abandon a friend and has many to this day that he has had for most of his life.

A dad is someone who will show you how to hold your first screwdriver or hammer. He will take you fishing or hunting to spend some time with you. He will gladly share with you what knowledge he knows. He will take great pride in you when you do well, even if sometimes he cannot show it. He will always be on your side, and accept you no matter what you do right or wrong. He will be there for advice but in the end accept what you decide in life. He will always want something better for you and make sure to try to steer you clear of the hardships or obstacles he faced when he was your age. From the time you are born he will think about you often and hope the best for you always. At least that's what I saw and lived.

Dad, it was great to celebrate your 75th, and this year we'll start counting backwards for you and hold another gala on your 70th.

Contents

| editorial Seventy and counting | 3 |
|-----------------------------------|---|
| Rez Notes All kinds of country | 4 |

news

| News | |
|----------------------|---|
| Seven Eenoch | |
| fail to make the cut | 5 |
| In Brief | 7 |

ar

| rticles | |
|---|----|
| Kahnawake powwow | 10 |
| AirCreebec: flying higher | 15 |
| Cree company launches hip Native sitcom | 19 |
| Taima: A band of solitude | 25 |
| Under the northern sky | 31 |
| | |

on the cover

Dancer at Kahnawake powwow

Photo: D. Valade Design: M. Laviolette



All kinds of country

By Sonny Orr

wandered into the smoke-filled bar and heard the familiar songs of Conway Twitty crooned out by the svelte voice of Gordon Polson, who was in town the other weekend. To my surprise, he immediately recognized me and incorporated my name in one of those famous megahit Country and Western songs, much to the delight of the eager and now drooling audience. I don't know if they were drooling over me or Gordon, but I'm pretty sure it was Gordon. The girls didn't drool; it was the diehard, smoky western, drinkme-under-the-table and-slap-meawake-in-the-morning fans that were deeply affected. I, being a WHO (remember them?) wannabe, was only slightly affected, and that was near closing time.

Yep, Gordon Polson, in all his golden-voiced glory, did liven up the evening for a weekend, and brought back many a memory of a path I fear to tread again (not because of Gordon, but because of closing time blues), sung to soundtracks which I now hear are slowly being overtaken by MC's across the nation. I have no qualms about the latest music, but I seem to remember many of them sung to a slower tempo, and with pronounceable names (with the exception of the artist formerly known as %\$#@), and without mixing with repetitive and hypnotic rhythms, more reminiscent of postdisco eras.

Limp Bizkit, however, makes a remix rendition of one of the WHO's famous songs, without the added interruption of a totally new beat and great guitar work, but that's where I stop in terms of admiration for today's copycats. Hey, songwriting is hard and coming up with new material is even harder, so that's why I stick to my guns when I say that the 70s were the greatest for new and original music. The 80s are forgettable. Remember the band A Flock of Seagulls? With Polson, however, he sticks to his guns when it comes to his renditions of timeless country classics and that is what I admire

about this singer. He doesn't slur his words and style with other styles now popular with the new groups.

Other than the usual raves I have for music and the sounds of summer. I do have some problems with the sounds of mosquitoes buzzing around my nearly skinned scalp. With West Nile, I find it reassuring that I just have to apply some toxic potion to ward off near death. Public-awareness campaigns that tend to make me afraid of every dead bird and tiny bugs like mosquitoes. I heard many times this spring that there were quite a few dead birds lying around, without a hint of the usual lead poisoning that they usually die from around Cree communities (which is injected into their bodies at a dazzling speed of 1,300 feet per second from 12-gauge shotguns). So I am tending to be a bit more wary of how I spend my windless days out on the great outdoors.

Tourist season is picking up again, and the north is abuzz with the whistling of air-pushing giant recreation vehicles filled to the brim with wandering Americans and Golden Agers pushing their upper limits of discovery of the James Bay and surrounding areas. Tourists, like flies and other insects, are somewhat seasonal and do deserve some tolerance. but again, they do take some getting used to. I've seen tourists dip their toes into the frigid waters of lames Bay and live to tell their grown grandchildren about it a few weeks later. And I've even taken a brave soul or two out on the bay to toss out marble tablets that look a lot like the Ten Commandments, except written in Chinese instead of Hebrew.

Speaking of Hebrew, I understand that my name means the Light of God, so perhaps the name Sonny isn't much more than a misnomer rather than a spelling mistake attached to the holy moniker. (I heard this on the phone with a sales person, so I cannot verify the accuracy of his interpretation). But, for the rest of the summer, I bless you with windy, mosquito-less days. Shalom.

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EDITORIAL BOARD W. Nicholls, L. Stewart, S. Bonspiel, N. Diamond

EDITOR IN CHIEF

ASSISTANT EDITOR Steve Bonspiel

IYIYUU AYIMUUN EDITOR Brian Webb

> COPY EDITOR Lyle Stewart

CONTRIBUTING WRITERS S. Orr, S. Bonspiel, tsa, N. Fireman, T. Deer, X. Kataquapit

PHOTOGRAPHY W. Nicholls, N. Fireman, D. Valade

GRAPHIC DESIGNER

DIRECTOR OF FINANCES Linda Ludwick

SALES REPRESENTIVES
Aaron MacDevitt, Christina Groom

Aaron MacDevitt, Christina Groom PRODUCTION COORDINATOR

Danielle Valade
ADMINISTRATIVE ASSISTANT

Tiffany Deer LAYOUT & PRODUCTION

Mona Laviolette

THANKS TO: Air Creebec

WHERE TO REACH US:

POSTMASTER:

5505 ST-LAURENT, #3018 MONTREAL, QC., H2T IS6

PLEASE ADDRESS CORRESPONDENCE TO: The **Nation** PRODUCTION OFFICE 5647 PARC AVE. PO. BOX 48036

MONTREAL, CANADA H2V 4S8
FDITORIAL & ADS

TEL.: 514-272-3077, FAX: 514-278-9914 ADS- VAL D'OR-CHIBOUGAMAU REGION

TEL.: 514-285-8986

The Nation HEAD OFFICE P.O. BOX 151, CHISASIBI, QC. JOM 1E0 E-MAIL ADDRESS:

Editorial: nation@beesum.ca

Ads: aaron@beesum-communications.com groom@beesum-communications.com

Classifieds: beesum@beesum-communications.com
Web: www.beesum-communications.com



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SEVEN EENOUCH FAIL TO 'MAKE THE CUT'

HOCKEY REALITY SHOW
TO AIR ON CBC THIS FALL

By Steve Bonspiel

Photo: Gaston Cooper



ast month seven guys from Eeyou Istchee traveled to Ottawa and Montreal to prove that no matter how big your goals are, they are always worth shooting for.

Brothers Cliff and Eric Benac, Robbie Metabie Jr., Ernie Trapper and Benjamin Neeposh, all from the Mistissini Trappers, along with Waswanipi's Christopher Cooper, tried out in Ottawa for CBC TV's new reality show, called Making the Cut. Eastmain's John Brown also gave it a go at the Montreal camp.

The show challenges any Canadian-born hockey player who thinks they're good enough to come out to an NHL-style training camp and give it their best shot at making the big league. For a measly \$55. aspiring NHLers (up to 600 participants for the Ottawa tryout alone) were able to skate in front of Scotty Bowman and Mike Keenan to test their mettle in pressure situations. Only 68 will be chosen for the final round.

Making the Cut traveled to seven different cities in search of that ever-elusive diamond in the rough. Stops included Toronto, Winnipeg, Halifax, Vancouver, Calgary and the aforementioned Ottawa and Montreal.

Six impressive players will emerge from the pack and get a chance to try out for each of the six Canadian NHL teams.

"Not only will this new program give viewers an opportunity to see what players must go through to reach an elite level, it will also offer the lucky winners a chance to fulfill a dream of playing in the NHL and create heroes for whom we can all cheer," according to Nancy Lee, Executive Director for CBC Sports.

"Five of us got together and applied online," said Cliff Benac. "We all play hockey together and figured we'd give it a shot. Personally, I was just going to give it a shot for fun, but me and three of the other guys ended up making it past the first cut."

Unfortunately, that was as far as they got. Benac and his buddies were notified via email on June 30 that their dream had come to an end. They failed to make the final cut. Benac thinks that they wanted to give the younger guys a shot at "making the cut" and at 30 years old, he might not have been the perfect candidate to fill that role.

"I think that for the younger generation, there are definitely some people that have a chance [to make it] from here. I think that if more of the younger Crees applied, some of them would definitely make that second cut," he said.

The competition was fierce, according to Benac. "There were some guys from the NCAA and university hockey. There were even guys from the American Hockey League. There were some very strong calibre players there. All in all, it was fun, a good experience."

The boys were told to come back next year, when Bell Canada will be sponsoring another Making the Cut reality show. Benac said that, this time, they will have time to get ready. "It was kind of last minute so they told us to get in better shape and come back again next year," he said.

Christopher Cooper, 28, used to play for the semi-pro Jonquière Condors, and he found that he learned quite a bit in Ottawa. "The training was very intense," Cooper said. "It was a really good experience. Although in order to really be ready, I would

have had to train for about two months."

The camp had players ranging in age from 18 to 30-something. Cooper said that even though he suspects the younger guys may have a better chance at making the cut, the veterans were a welcome addition

John Brown, 30, represented Eastmain's sole bigleague hope. He was also the only Cree to try out at the Montreal camp. "I basically signed up with the hopes of taking some young guys from Eastmain. None of them signed up, so I went down alone," he said, adding that he was just in it for the fun of the game.

Brown hopes that next time around there will be a Cree hockey player chosen in the final cut. This is something that excites him and makes him proud.

"It would be great exposure for the Cree Nation," Brown said. "It can only benefit hockey in the north. I think there's a lot of hockey talent in the Cree Nation in general and I think it's just a matter of putting more of a focus on hockey and training hard, and the guys will have a great chance at making it."



Sabtuan Continuing Education/ Service de Formation Continue

We, the staff of Sabtuan Continuing Education, would like to extend our congratulations to all our Graduates in General and Vocational Education. We sincerely wish you all the best of luck in whatever choices you make for your future, be it securing employment or pursuing further education. Again, Congratulations!

GRADUATES FROM INLAND COMMUNITIES: 2003-2004

(Mistissini, Ouje-Bougoumou, Waswanipi, Nemaska)

General Education: Secondary School Diploma General Education Graduates (Secondary V)

| • Loon, Evelyn A. | Mistissini | (English) |
|--------------------------------------|------------|------------|
| Trapper, Suzanne | Mistissini | (English) |
| Otter, Leonda | Waswanipi | (English) |
| • Gull, Henri George | Waswanipi | (English) |
| Jerome, Benoit | Waswanipi | (Francais) |
| Longchap, Mary | Nemaska | (English) |

Heavy Equipment Operator / Program # 5284: Diploma in Vocational Studies (Regional)

| Matoush, Roland | Mistissini | |
|-----------------------|----------------|--|
| • Mianscum, Andrew J. | Mistissini | |
| • Dixon, Jeremy | Waswanipi | |
| • Etapp, Steve | Ouje-Bougoumou | |
| Iolly, Lawrence M | Nemaska | |

Truck-Driving class 1 / Program # 5143: Diploma in Vocational Studies (Regional)

| • | Coonishish, Brian | Mistissini |
|---|-------------------|------------|
| • | Husky, Eric | Mistissini |

Assistance to Patients in Health Care Establishment/Program #5581: Diploma in Vocational Studies

- Blacksmith, Janie Laurie
- Blacksmith, Rachel Coon-Come, Edna S.
- Coon-Come, Kathleen
- Coon-Come, Linda Irene
- Trapper, Kitty
- Wapachee, Demerise

Professional Cooking /Program # 1538: Diploma in Vocational Studies

• Blacksmith, Shirley-Ann

• Brien, Mary Ann Jeannette

Professional Cooking (continued)

- Edwards, Melanie
- Gunner, Charlotte S.
- Gunner, Louise Juliette
- Mark, Florence
- Rabbitskin, Mabel
- Shecapio, Linda Jane
- Shecapio, Emily
- · Voyageur, Dinah W.
- · Voyageur, Sarah Maggie

Restaurant Services / Program # 5630: Diploma in Vocational Studies

- Brien, Denise Coon-Come, Jessica
- Loon-Blacksmith, Linda
- Neeposh, Linda

Starting a Business / Program # 5556: Mistissini Attestion of Vocational Specialization

- Awashish, Maureen
- Grav. Linda

Mistissini

Mistissini

- · Gray, Sheldon
- Meskino, Derrick
- Neeposh-Iserhoff, Shawn
- Neeposh, Solomon
- · Shecapio, Gloria
- Mianscum, Billy
- Linton, Angela

Northern Building Maintenance / Program # 5702: Diploma in Vocational Studies Mistissini

- Blacksmith, Jimmy George
- Gray, Joshua
- Herodier, Georgie (Chisasibi)
- · Matoush, Charlie
- Matthews, David Bert



Mistissini

Murder suspect gets bail

Mistissini resident and murder suspect Emmanuel Blacksmith has been released on \$2,000 bail with a number of strict conditions. The conditions are as follows: Blacksmith must stay at his parents' home in Mistissini, he cannot possess or drink any alcohol, he cannot have any type of weapon in his possession, and he must appear in court in Chisasibi on September 16 for a preliminary inquiry.

The incident occurred on May 6 when 48-year-old Mario Fortin was found lying on the ground near the bar at EM-I. He was taken to hospital where he was later pronounced dead.

Blacksmith was an employee at the plant at the time and was arrested and charged with second-degree murder.

Crown prosecutor Christian Leblanc said it was not uncommon to release a murder suspect into the community. The defense, he says, was able to demonstrate that Blacksmith came from a good home, had no prior convictions and is mentally stable.

Nemaska trapper to walk against Rupert diversion

Freddy Jolly says enough is enough. The Rupert's River diversion must be stopped and he is looking for support from as many people as he can to help him in his quest.

Jolly, a Nemaska trapper,

will be leaving his home on August 2. He will trek 456 kilometres to Wemindji, where he will be trying to raise awareness of the impact the Rupert's River diversion will have on trappers like himself.

"What I was supposed to do came to me while I was in the bush in January. I've walked for other things like diabetes before. There are a lot of things we can walk for and this is a very important one," he said.

He figures if he walks 40 kilometres a day, he'll get to Wemindji by August 17, just in time for the Grand Council's Annual General Assembly. Once he gets there, he hopes to gain support from Robert Weistche, Abraham Rupert and Josie Jimiken, the three Chiefs who oppose the Paix des Braves agreement.

Jolly admits that although he's walking for everyone, Native as well as non-native, he does have personal reasons for the walk as well. "Our trapline will be the most affected (by the diversion). Hydro and SEBJ told me that."

Jolly went on to say that people are starting to re-think their support for the project. "I've been talking to people who are changing their minds. I heard hydro wants to sell the electricity to the U.S., are we giving up our rivers only for them to turn around and make more money in the states?"

Jolly will be joined near Wemindji by Eric Gagnon, the president of the Rupert's River reverence, a group that has been fighting against the damming of the River.

"We welcome people of all races to come and join our fight," he said. For more information or to join the Rupert walk, call Freddy Jolly at 1-819-673-2545 or Email: rupertwalk@yahoo.ca

Correction

In the June 25 th issue of the Nation we did a story called Clip gets shaved. In the interview with Mistissini Deputy Chief Kathleen Wooten some information was incorrect. We apologize if this information inconvienced anyone. The correct information below for the changes in the school program 2004 -2005 - Elementary Sector. Please note the major changes that will effect the students at Voyageur Memorial Elementary School in August, 2004

Pre-Kindergarten: There will be a new pilot project in the afternoon in French.

A limited amount of students will be accepted for those who wish to register their child in this pilot project.

Kindergarten: Students who were in the Pilot Project in French last year,

are given the opportunity to continue French 50% and Cree 50%. (There is no English offered at this level)

Grade I & 2 English: These two grades will commence at 50% in English and 50% in Cree. Grade 3 to Grade 6: 80% in English and 20% in Cree.

Grade I to Grade 6 French: These grades will be 80% in French and 20% in Cree.

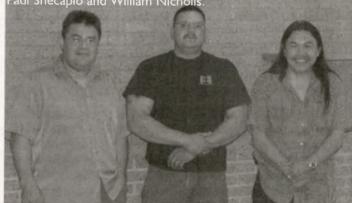
Transit Class (Grade 7): All students who will be promoted from grade 6 English and French will be placed in a Transit class. According to Mistissini's research, the grade 6 students are a minimum of one level lower in English and a minimum of two levels lower in French. There will be no Secondary one class at the high school next year. The teachers in these classes will concentrate mainly on Language Arts and Math.

A letter will be sent to parents whose child is "at risk" to discuss a solution to place the student in a more successful situation in the next school year.

The new James Bay Cree Communications Society Executive. Left to right is Secretary/Treasurer David Happyjack, Vice-president Robert Wynne and incumbent President Raymond Memarick.

Board Members not shown are: Walter G. Hester, Edward

Board Members not shown are: Walter G. Hester, Edward Goergekish, Shirley Moses, Cindy Coonishish, John S Matoush, Paul Shecapio and William Nicholls.





Sabtuan Continuing Education/ Service de Formation Continue

GRADUATES FROM THE COASTAL COMMUNITIES 2003-04

Chisasibi

Chisasibi

Waskaganish

(Chisasibi, Eastmain, Waskaganish, Wemindji, Whapmagoostui)

General Education: Secondary School Diploma

| • Bearskin (House), Linda | Chisasibi | (French) |
|---|---------------|-----------|
| • Fireman, Daisy | Chisasibi | (English) |
| • Fireman (Bearskin), Lillian | Chisasibi | (English) |
| Napash (Kawapit), Irene | Whapmagoostui | (English) |
| Pepabano, Kerwin | Chisasibi | (English) |

Accounting 5731: Diploma in Vocational Studies

- Bearskin, Violet
- Bobbish, François
- Kanatewat, Judy
- Pachanos, Paul
- · Pepabano, Kathleen
- Ratt (Voyageur), Beatrice
- · Shem, Leona
- Washapabano, Delcy

Carpentry 1928:

Diploma in Vocational Studies

- Georgekish, Paul (Wemindji)
- Lameboy, James
- Mistacheesick, Paul (Wemindji)
- · Pachano, Jason
- Pepabano, Kerwin
- Ratt, Harriet
- · Rupert, Jason
- · Sam, Darren
- Sam, Patrick

Assistance to Patients or

Residents in Health Care Establishments 5581: Diploma in Vocational Studies Waskaganish

- Blackned (Moar), Stella
- Cowboy, Emily
- Diamond, Charlene
- Diamond (Blueboy), Marion
- Jacob, Jamie
- Jolly, Judy
- Jolly, Lee Ann
- Jolly, Tracy
- · Morrison, Lori

Light Vehicle Mechanics 5154: Diploma in Vocational Studies

- Diamond, Murphy
- Hester, Kevin
- · Hester, Terry
- Moses, Glen

Home Care and Family and Social Assistance 5545: Diploma in Vocational Studies Whapmagoostui

- · Bullfrog, Gloria
- Kawapit (Audlarock), Clara
- Kawapit (Masty), Eliza
- King, Phillippe
- Mamianskum (Kawapit), Mina
- · Masty, Judy Lydia
- Napash (Kawapit), Irene
- Sheshamush, Jacqueline

Landscaping Operations 5571: Diploma in Vocational Studies

- Asquabaneskum, Brigitte
- Georgekish, Raymond
- Georgekish, Stephanie
- Mistacheesick, Philip

Automobile Mechanics 5692: Diploma in Vocational Studies Wemindji

- Gilpin, Darryl
- Gilpin, Jamie
- Gilpin, Trevor
- Gilpin, Vern
- Mark, John Sheldon
- Stewart, William
- Tomatuk, Wayne
- Visitor, Ecomet
- · Visitor, Lee

Heavy Equipment Operators 5284: Diploma in Vocational Studies

dies Regional
Waskaganish

Wemindji

| Diamond, Derek | Waskagani |
|------------------------------------|-----------|
| Gilpin, Reggie | Eastmain |
| Mark, John D. | Eastmain |
| Mark-Stewart, Willard | Eastmain |
| Pepabano, Tommy | Chisasibi |

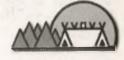
Shashaweskum, ElijahShem, PatrickWemindjiChisasibi

Truck Driving Class I 5143: Diploma in Vocational Studies

es Regional

Kitty, Hubert Chisasibi
 Mamianskum, Norman Whapmagoostui
 Ottereyes, Rusty Chisasibi

• Scipio, Reggie Chisasibi



Chisasibi's Invitational Softball & Fastpitch Tournament July 8 - 11, 2004 Results (Scores)

| Thu | ırsday July | 8, 2004 | | | | |
|------|--------------|----------|------------------|------|------------------|------|
| G | Time | Cat | Team | Sc | Team | Sc |
| 1 | 7:00pm | WSB | Nouchimi | 13 | Hawks | 14 |
| 2 | 8:30pm | MSB | Chis Outsiders | 2 | Chis Braves | 15 |
| 3 | 10:00pm | MSB | Chis Cyber-Rays | 3 | Chisasibi | 13 |
| | | | | | | |
| Fric | day July 9, | 2004 | | | | |
| G | Time | Cat | Team | Sc | Team | Sc |
| 4 | 5:00pm | MSB | Chis Braves | 10 | Whapmakw-Sibi | 0 |
| 5 | 5:00pm | MSB | Chis Outsiders | 13 | Chis. Cyber Rays | 10 |
| 6 | 6:30pm | MSB | Chisasibi | 0 | Wask Thunder | 10 |
| 8 | 8:00pm | WSB | Chis Hawks | 11 | Wemindji | 0 |
| 9 | 9:30pm | MEP | Chis. Jays | 0 | East. Fireballs | 0 |
| 10 | 11:00pm | MSB | Whapmakw-Sibi | 2 | Wask. Thunder | 12 |
| 11 | 12:30pm | WSB | Nouchimi | 10 | Waskaganish | 0 |
| | | | | | | |
| Sat | urday July | 10, 2004 | 1 | | | |
| 7 | 9:00am | MFP | Chis Nighthawks | 3 | Wask Hurricanes | 0 |
| G | Time | Cat | Team | Sc | Team | Sc |
| 12 | 10:30am | MSB | Chis Braves | 17 | Chisasibi | 3 |
| 13 | 12:00am | MSB | Whapmakw-Sibi | 4 | Chis. Outsiders | 5 |
| 14 | 12:00am | MSB | Chis. Cyber Rays | 16 | Wask. Thunder | 13 |
| 15 | 1:30pm | MFP | Chis. Nighthawks | 5 | Chis Jays | 5 |
| 16 | 3:00pm | MFP | Wask. Hurricanes | 0 | East Fireballs | 16 |
| 17 | 4:30pm | WSB | Nouchimi | 1 | Wemindji | 11 |
| 18 | 4:30pm | WSB | Chis Hawks | - 11 | Waskaganish | 10 |
| 19 | 6:00pm | MFP | Chis Nighthawks | 0 | East. Fireball | 7 |
| 20 | 7:30pm | MFP | Wask. Hurricanes | 3 | Chis. Jays | 4 |
| 21 | 9:00pm | WSB | Waskaganish | 19 | Wemindji | 12 |
| Qua | rter-finals | | | | | |
| 22 | 10:30pm | MSB | Whapmakw-Sibi | 10 | Chis. Outsiders | 12 |
| 23 | 12:00pm | MSB | Chis. Cyber rays | 7 | Chisasibi | 5 |
| | | | | | | |
| Sur | iday July 1 | 1, 2004 | | | | |
| Sem | i Finals | | | | | |
| G | Time | Cat | Team | Sc | Team | Sc |
| 24 | 10:00am | WSB | Wemindji | 0 | Chis Hawks | 5 |
| 25 | 10:00am | WSB | Waskaganish | 0 | Nouchimi | 15 |
| 26 | 11:30am | MSB | Chis. Cyber Rays | 5 | Chis. Braves | 6 |
| 27 | 11:30am | MSB | Chis Outsiders | 0 | Wask Thunder | . 10 |
| 28 | 1:00pm | MFP | Chis Nighthawks | | Chis. Jays | 5 |
| 29 | 2:30pm | MFP | Wask. Hurricanes | 5 | East. Fireball | П |
| | mpionship Ga | | | | | |
| 30 | 4:00pm | WSB | Nouchimi | 6 | Chis. Hawks | 16 |
| 31 | 6:00pm | MSB | Wask. Thunder | 15 | Chis. Braves | 12 |
| 32 | 8:00pm | MFP | Chis. Jays | 5 | East. Fireballs | 3 |

Women's Softball

Champions – Chisasibi Hawks Finalist – Team Nouchimi

Individual Awards:

Best Hitter –
Lena Pash Team Nouchimi
Best Outfielder –
Jillian Pash Team Nouchimi
Best Infielder –
April Moar Team Nouchimi
Best Pitcher – Queenie Napash
Chisasibi Hawks
M.V.P. – Queenie Napash

Men's Softball

Chisasibi Hawks

Champions – Waskaganish Thunder Finalists – Chisasibi Braves

Best Hitter - Charles Katapatuk Wask.

Individual awards:

Thunder
Best Outfielder – Roger Lameboy
Chisasibi Braves
Best Infiedler - Charles Katapatuk
Wask. Thunder
Best Pitcher – Jack Diamond Wask.
Thunder

M.V.P. - Jack Diamond Wask. Thunder

Men's Fastpitch

Champins – Chisasibi Jays Finalists – Eastmain Fireball

Individual awards:

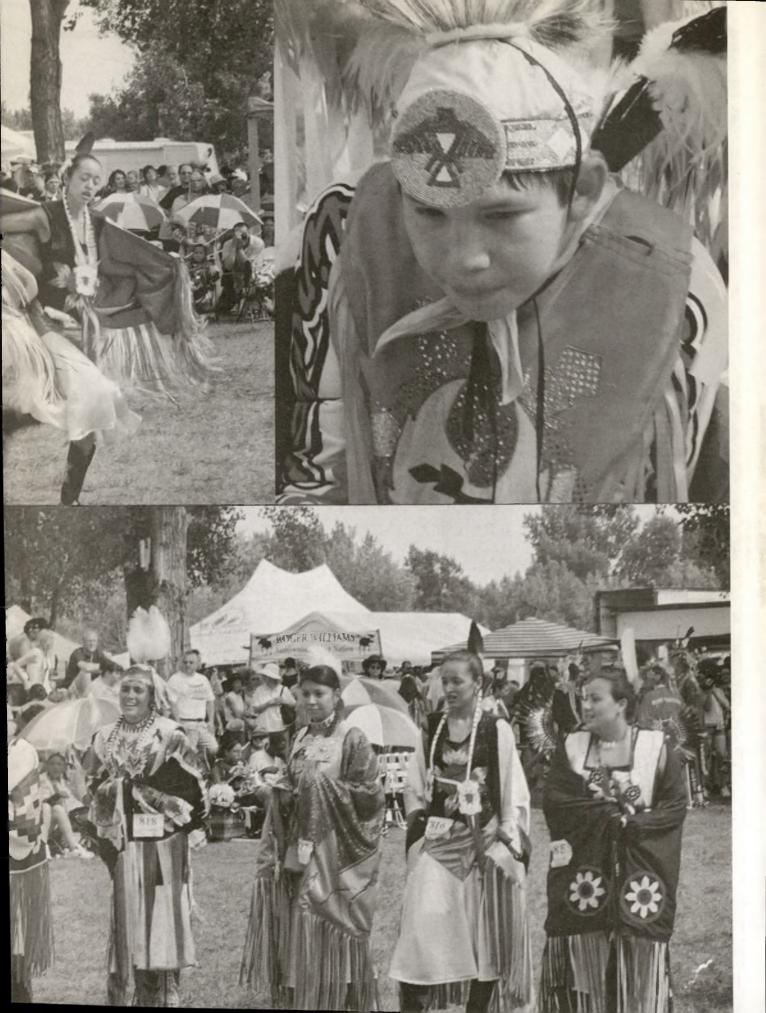
Best Hitter –
Jerry Lameboy Chisasibi Jays
Best Outfielder –
Jay Moar Chisasibi Jays
Best Infielder –
John Brown Eastmain Fireballs
Best Pitcher –
Roy Neacappo Chisasibi Jays
M.V.P. – Roy Neacappo

KAHNAWAKE POWWOW a HUGE SUCCESS

By Norman Fireman

he 14th annual Echoes of a Proud Nation Pow wow was held July 9-11th at Tekakwitha Island in Kahnawake. It began with a sunrise ceremony on Saturday morning. The gates opened at 9 am and the first grand entry was done at 1 pm followed by the Veteran's song to honour those who gave up their lives for their country. Everyone was asked to stand at this time to show respect.







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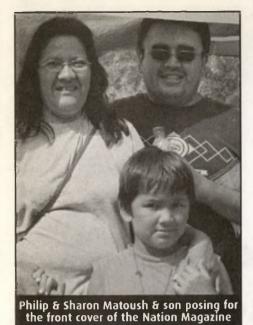
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After that there was the welcome invitation by an elder, followed by the inter-tribal dancing where everyone is welcomed to participate. About 150 dancers from the U.S. and Canada were to compete in the two-day event. During the dance competition the rains came pouring down in buckets. Everyone ran to seek shelter from the rain in the large tents. After about an hour, the rain died down and the bleachers were full again. The Pow wow committee expected 20,000 visitors to show up, and by late afternoon the ticket keepers estimated that 8,000 people had already arrived.

The rain didn't stop the children

Raymond Duff & Norman Neahacappo getting prepared to drum & sing with Wemostashee drummers.

from having fun. They actually seemed to like it very much. Some kids even went so far as to wrestle in puddles of mud and water.

There were 79 booths for the Arts and Crafts plus 28 food vendors serving everything from corn soup, Moose and Buffalo burgers, Indian Tacos and different styles of Bannock and desserts. Everyone was going for the Algonquin Walleye Nuggets.

Bill Constant, the M.C. from Northern Manitoba, always seems to be present at every Powwow. He never fails to come up with funny iokes. There was this one time at a



Pow wow in Chisasibi where he joked, "There's a child at the main stand, he seems to have lost his parents or maybe the parents are the ones who are lost." At another Pow wow he said. "For all the Crees who love Kentucky Fried Chicken so much there's none here at the Pow wow grounds."

The next day it was nice, the sun was out, it began with the sunrise ceremony again.

The inter-tribal and dance competitions went on all day. At 4 pm the awards were given to all the contestants, and the returning of the flag was done at 5 pm.

By this time the emcee gave a brief speech to all visitors and dancers in the arena about how it was time to say



farewell once again. He added there is no word in all of the Native languages to say goodbye but instead we say that we'll see each other again. "We come to the Pow wow grounds because this is the best place to look after our children." He finished his speech by saying, "Even if we don't meet again in this life, there's always the next because Native people have strong bonds with the spirit world."

And with that the Pow wow was officially over for this year. A great time was had by all and everyone is looking forward to next year when Echoes of a Proud Nation celebrates its 15th anniversary.



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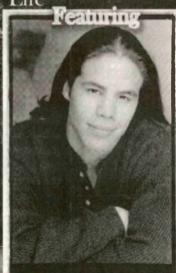
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Formore information contacts

Mahicans Diamond - Conference Coordinator
Julio Ann Cooper - Conference Supervisor



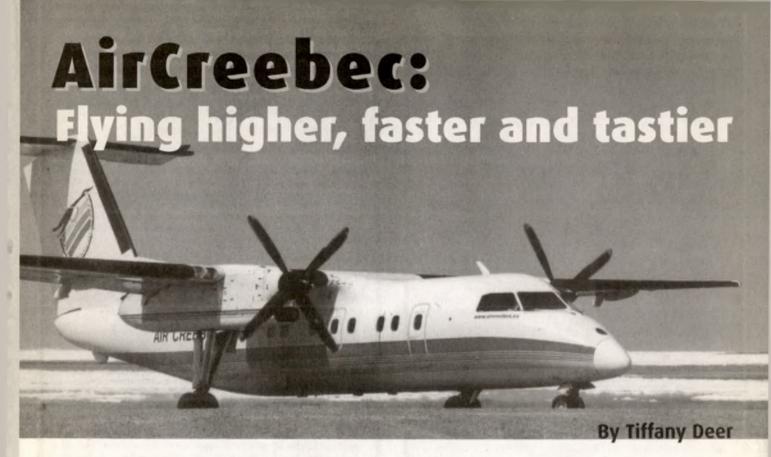
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Over 20 years and the improvements keep coming, AirCreebec is committed to quality. Anyone who has flown with AirCreebec today, yesterday or tomorrow, will notice the positive improvements throughout the

company.

Some examples of AirCreebec's newest aircraft are the high-tech Dash 8 - 100's and 300's and AirCreebec's KingAir 100, a fully equipped emergency craft with a nurse, doctor and fight crew available 24 hours a day, seven days a week, 365 days a year.

No expenses are spared in these newer planes, which come fully equipped with leather seats, and feature full meal-services on flight and delicious snacks. No longer will you have to gnaw on digestive biscuits, now you can indulge in such delicacies as Oreo cookies and Peek Freans.

AirCreebec prides themselves on listening to the people. "We care about your needs," states AirCreebec spokesperson Eddie Dziedzic, who is based in Val d'Or. AirCreebec is now almost completely computerized; an increase in the number of automated stations de-creases the amount of time spent in lines or on the phone, unlike some other companies. Newly automated bag tags and automated boarding stations have also been installed to speed up the process.

"We have a lot more information on the passengers traveling now," said Dziedzic. "Because of the new computer systems, we don't have to collect as much info before flight because we already have it."

The company is also looking to add web booking to their website, where you can buy your tickets right online, along with a full list of fares to their already existing schedule pages. Check out AirCeebec's website at www.aircreebec.ca for all these upcoming additions.

All these improvements to get you out of the airport and into the comforts of AirCreebec's luxurious airliners quicker. There are new deicing machines available at every northern airport that keep all flights

on schedule.

AirCreebec has the most highly personalized service out of all the airlines in Canada. Its not often that an airline company will let a customer, who's experiencing a booking mix up, to board a flight on word of faith.

That's AirCreebec in a nutshell, going beyond the borders of just being a successful business, to being an active part of the community and sponsoring numerous local tournaments and events.

Another point of progress is the visible increase in the amount of first Nations employees in the company, from pilots, to stewards and stewardesses, ground crew and administration.

Now you can speak Cree almost every step of the way and when the pre-flight safety speeches are complete, also in Cree when requested, you can settle in and enjoy one of the many magazines offered on your flight

Who knows, you may find a copy of this Nation and be reading it right now. So prepare for lift off, and enjoy your flight.

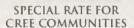


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-D'dΔ P' Δρ'Δ. Δ. Δ aapr'Cp' The Cree Board of Health & Social Services of James Bay

IOB OFFER PROGRAM OFFICER - TOBACCO & GAMBLING **PUBLIC HEALTH DEPARTMENT**

Reporting to the Director of Uschiniichisuu Myupimaatisiun and member of Uschiniichisuu team in the Public Health Department, the Program Officer is responsible for planning and implementing activities aimed to prevent tobacco abuse, promote environments without smoke, protect the population from second-hand smoke, and help smokers quit in Eeyou Istchee. The Program Officer is also responsible for planning and implementing activities related to prevention of pathological gambling in Eeyou Istchee.

General Duties:

- Follow-up on the tobacco and gambling Public Health Department Regional Action Plan (RAP)
- Implement regional and local activities for the Public Health Department regarding tobacco and gambling programs, and provide regular reports to the Director of Uschinichisuu Myupimaatisiun
- Work in collaboration with the Public Health Department members, the CBHSSJB, the Cree Nations and other entities.

Specific Duties:

- · Learn about effective strategies to prevent tobacco abuse and help people quit smoking, particularly Youth, pregnant women, and person living with diabetes or other chronic diseases.
- Learn about traditional use of tobacco in Cree and other First Nations.
- In collaboration with the appropriate partners, carry on the regional public health action plan on tobacco and support the development of the local public health action plans. The regional action plan is based on these main objectives:
- 1. Prevent tobacco use among young people, pregnant women and general population.
- Increase the number of cigarette smokers who stop smoking.
- Reduce routine exposure to environmental tobacco smoke (secondhand
- Increase the number of Cree people who strongly disapprove of cigarette use
- 5. Provide training and information to health professionals on preventive clinical practices and programs to help people quit smoking.
- In collaboration with the Specialized services team of the PHD, coordinate the survey on gambling in EI, in order to document the scope of the problem.
- Plan and implement activities to prevent pathological gambling and to give support to people affected by this problem.

Qualifications:

- Master degree or Baccalaureate or pertinent post-secondary education (communication, education, nursing anthropology, social work, social marketing or community health) and/or equivalent experience in the health sector.
- Strong organizational and interpersonal skills, and excellent communications skills
- Ability to work as part of a multi disciplinary team.
- Experience working with an aboriginal population and in remote regions.
- Bilingual: two of English, French or Cree
- Availability to travel to the Cree communities as needed.

- Salary according to education and experience.
- Advantages for occasional personal included in the collective agreement.

You will have to work from the place where you were originally recruited from, until there is lodging available for the Public Health Department in Eeyou Istchee. Please send your résumé and a letter of presentation to, before

Charlotte Moar, Recruiting Agent - Special Projects Cree Board of Health and Social Services of James Bay P.O. Box 250

Chisasibi, Quebec J0M 1E0 Tel.: (819) 855-2844 ext. 5355

Fax. (819) 855-2680

email: cmoar@ssss.gouv.qc.ca or ckmoar@hotmail.com

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PARC SAFARI TICKETS ARE A HIT!

We are very pleased here at the Nation Production office in Montreal to have received so many Cree families who came in to say hello and pick up their free tickets to Parc Safari. We have been doing this for a couple of years now and it has never been so

popular. It is wonderful to see the smiles on the faces of people, especially the kids, knowing they will spend a wonderful day at Parc Safari. So don't be shy, come on in and say hi to us, you might just be our next family portrait.

Pictured above are Paul Erless, Mary Jane Salt, Amelia Erless, Helena Stephen, Emerson Stephen, Ruth Salt and Randal Salt from Waskaganish!

Enjoy your day at Parc Safari and have a great summer y'all!



A MESSAGE FROM THE REGIONAL PUBLIC HEALTH DEPARTMENT ***

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The Cree Board of Health & Social Services of James Bay

What are moulds?

Moulds are a type of fungus. They are found indoors and outdoors. Moulds spread by releasing tiny seed-like particles called spores into the air. All moulds need moisture to grow and therefore warm and wet indoor conditions help mould to grow. Moulds may be grey, black, green, or various other colors, and may have a velvety or woolly texture.

What effects does moulds have on health?

Not all moulds cause health problems. Some moulds can cause allergic symptoms such as wheezing, sneezing, coughing, and nose, throat and eye irritation. A common manifestation of chronic moulds exposure is a cold, which never seem to get better.

How do I know if I have moulds growing in my home? Testing for moulds is not recommended. The most practical way to find a mould problem in your house is by using

your eyes to look for mould growth and by using your nose to locate the source of a suspicious smell. If you see mould or if there is an earthy or musty smell, you can assume a mould problem exists.

What can I do to control moulds?

Controlling excess moisture is the key to preventing and stopping indoor mould growth.

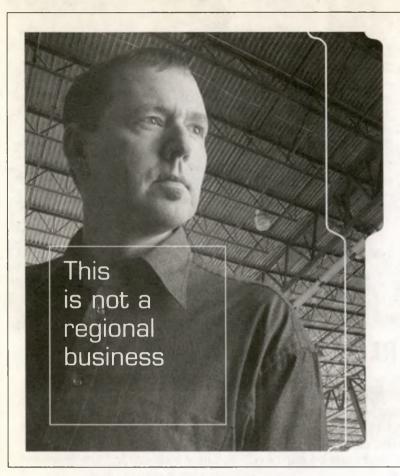
- Ventilate or use exhaust fans (to the outdoors) to remove moisture where it accumulates: bathrooms; kitchens; and laundry areas.
- Make sure that clothes dryer vent to the outside.
- Repair all leaks promptly and permanently.
- Clean and disinfect all smooth surfaces where mould is present using a solution of 1 part household bleach to 10 parts water.

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promote the health of our people"

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Direction de santé publique des Terres cries de la Baie James Public Health Department of the Cree Territory of James Bay Tel: 819.855.9017 • Fax: 855.9031 • bblacksmith@ssss.gouv.qc.ca



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Desjardins: locally committed to the personal, commercial and institutional aspects of native development.

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CREE COMPANY LAUNCHES Hip Native Sitcom

Rezolution Pictures International.

a Cree production company co-owned by Ernest Webb of Chisasibi, is trying to become a part of television history. Their latest project, Moose TV, is set to take the Native world by storm and become a newer, hipper replacement for North of 60.

Webb says the project has been a long time coming. The idea was hatched when talking to his wife Catherine one day about two years ago. "We thought it would be a good idea to try a Native comedy. As much as North of 60 broke new ground, there just wasn't any comedy in it," he said.

"For us it's been a totally humbling experience. One of the actors said that Moose TV was one of their best acting experiences."

Moose TV beams into your home directly from the fictitious town of Moose. The first episode develops the characters well and sets the scene for the future of Moose TV. In it, Clifford (played by Nathaniel Arcand) and George (played by Adam Beach) are two locals with lofty dreams, but little ambition to back them up. Then one day they come up with a plan to reopen the local TV station.

Numerous auditions from potential local acts later, Moose TV is born!

The production was shot by a Montreal film crew on the Kahnawake Mohawk reserve from June 28-July 1.

Ed Macdonald is Moose TV's writer and director. He has written and won awards for This Hour has 22 Minutes, and Made in Canada. This marks his directorial debut.

Macdonald has high hopes for the series. "It was the most fun I've ever had. I really liked working with the actors; they've all done a lot of TV and are very experienced. I loved every minute of it," he said.

Nathanial Arcand is best known for William MacNeil, his troublesome character in *North of 60*. Arcand explained his character in *Moose TV* to the Nation: "Clifford is the handyman, he can pretty much fix anything and in the show, he sets up all the lighting, he does all the camera work, he sets up the stage, he does all. Clifford's a good guy, he's pretty carefree and laidback, but he doesn't mind that his friend George takes him into these crazy situations sometimes."

Adam Beach is a veteran actor who has appeared in such movies as Smoke Signals and Dance me Outside. His most famous role was when he co-starred with Nicolas Cage as



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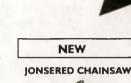






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« A new image, the same commitment. »





a Navajo marine in Windtalkers.

The production also dipped into the Kahnawake market for one of their lead actors. Michael Sky plays Jerry, the Mayor of Moose. In the show, he is constantly fighting with George and the two almost come to blows when Jerry wants his own show but George refuses.

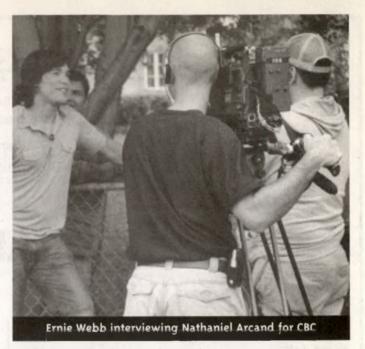
Usually specializing in documentaries, Rezolution Pictures is quickly expanding into the realm of fiction. Moose TV is one of a number of projects being pitched to networks such as CBC, APTN and the Documentary Channel.

Ernest Webb said that the key to that transition has been humour. "Native people love to laugh. We're the biggest jokers around, but you don't get to see that in the movies or on TV because they're all so stoic," he said. "When there are family gatherings up north, there is no

shortage of laughter."

Webb hopes Moose TV will go a long way towards debunking our sour misrepresentation with non-natives.

Watch for Moose TV on CBC August 6 at 7 pm!



Breaking the Silen Waswanipi Eeyou Istchee's Cultural Site. Entertainment: Gospel music and singing Guest Speakers: Darren Thomas, Grand River Six Nations Art Shorting, Winnipeg. MAN. Chris George, Onyota'a:ka Settlement ON Matthew Mukash, Whapmagoostui Workshops: Traditional and contemporary Activities: Sweat Lodge, Sharing Circles, Traditional Feast, Foot and Body Massage Therapy, Counselling available. Contact: Dorothy Dixon or Sarah Ottereyes (819)-753-2002 email: healing@waswanipi.com www.webdude.ca



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LIST OF CSB GRADUATES OF 2004

Commissioners Award of Excellence (*)

| English Sector | French Sector | Total | English Sector | French Sector | Total |
|--------------------------------------|--|------------|---------------------------|--|-------|
| CHISASIBI | | 16 | EASTMAIN | | 3 |
| 1. Tanya Bearskin | 1. Byron Sam | | 1. Cindy Gilpin | 1. Kerri-Anne Tomai | tuk |
| 2. Rachel Martinhunter | 2. Gabriel Snowboy | | 2. Florianne Gilpin (*) | | |
| 3. Andrea Napash 4. Lorraine Pachano | | | WASKAGANISH | | 18 |
| 5. Hazel Pelletier | | | 1. Lucas Bear | 1. Edna Blueboy | |
| 6. Bella June Rupert | | | 2. Warren Blackned | 2. Marlon Cowboy | |
| 7. Rosanna Rupert | | | 3. Victor Diamond | 3. Nellie Hester | |
| 8. Laura-Lee Sam | | | 4. Faith Gilpin | 4. Vanessa Jacob (| *) |
| 9. Cindy Spencer | | | 5. Mary Jacob | 5. Cherish Stephen | |
| 10. Naamon Cooper | | | 6. Maxine Gilpin | The state of the s | |
| 11. Roxanne Pelchat | | | 7. Andrea Moar | | |
| 12. Kathryn Fireman (| (*) | | 8. Gregory Moses | | |
| 13. Delores Lameboy | THE A | A STATE OF | 9. Cherryl Salt | | |
| 14. Greta Rupert | 200 40 | | 10. Erica Stephen | | |
| | ALCOHOL: V | | 11. Tammy Trapper | | |
| WEMINDJI | | 13 | 12. Arlene Weistche | | |
| 1. Suzanne Atsynia | | | 13. Patrick Wiechold | | |
| 2. Clarissa Blackned | | | | | |
| 3. Cheyenne Georgekish | | | Erin Clive Blackned | | |
| 4. Marcia Georgekish | | | (2002-2003) | | |
| 5. Rhonda Georgekish | | | NITA A 616 A | | |
| 6. Rocky Georgekish (*) | | | NEMASKA | | 9 |
| 7. Lorna Kakabat | The state of the s | | 1. Liana Diamond | 1. Shirley Cheezo (| *) |
| 8. Jeremiah Mistacheesick | | | 2. Maggie Moar | 2. Emma Swallow | |
| 9. Marilyn Shashaweskun | | | 3. Lori-Ann Wapachee | 3. Charity Tanoush | , |
| 10. Robyn Tomatuk | | | | 4. Stacey-Ann Tanoi | ısn |
| 11. Josie Visitor | | | | 5. Irene Tent | |
| 12. Lindsay Visitor | | | The state of the state of | 6. Noreen Wapachee | |
| 13. Monica Visitor | | | | | |



LIST OF CSB GRADUATES

OF 2004

Commissioners Award of Excellence (*)

| English Sector | French Sector | Tot |
|-----------------------|--------------------|--------|
| WASWANIPI | | 1 |
| 1. Tyrone Blackned | 1. Francis Chanti | igny |
| 2. Darrel Cooper | 2. Jari Gull-Black | smith |
| 3. Shawn Dixon | 3. Aaron Happy | jack (|
| 4. Tyson Gull | 4. Sonya Miansci | ım |
| 5. John Paul Iserhoff | 5. Glenna Icebour | ıd |
| 6. Melinda Jolly | 6. Nicholas Ratte | |
| | 7. Jeff Robertson | |
| | 8. Darren Sagana | ish |

OUJE BOUGOUMOU

1

21

1. Crystal Brien

2. Tommy Neeposh

3. Nathan Shecapio

- 1. Ryan Wapachee
- 2. Brian Lacroix
- 3. Kyle Mianscum (*)

MISTISSINI

- 1. Angelina Brien
- 2. Annie Coonishihsh
- 3. Samantha Coonishish
- 4. Carmilla Gunner
- 5. Nathan Gunner
- J. Ivainan Gunner
- 6. Angela Linton
- 7. Natasha Loon
- 8. Gabriel Matoush
- 9. Pauline Matoush
- 10. Nekamoon Mitchel
- 11. Charlie Neeposh
- 12. Evangeline Petawabano
- 13. Marilyn Petawabano
- 14. Matthew Petawabano
- 15. Karen Shecapio-Blacksmith (*)
- 16. Mary Louise Swallow
- 17. Iris Voyageur
- 18. Julie Linton

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Nourish the body and stimulate the senses with Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of the Nation will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.



Tex-Mex Turkey Burgers

| 1 pound | (454 g) | ground turkey |
|-------------|----------|--------------------------------|
| 1/2 cup | (125 ml) | corn flake crumbs |
| 1/3 cup | (75 ml) | onions, chopped |
| 2 tbsp | (30 ml) | Jalapeno peppers, minced |
| 1 | | egg |
| 1 | | clove of garlic, minced |
| 6 | | hamburger buns |
| 1 cup | (250 ml) | 'Light' Cheddar cheese, grated |
| 1/2 cup | (125 ml) | salsa |
| 1 | | avocado, sliced |
| 12 (twelve) | | lettuce leaves |
| | | |

In a large mixing bowl combine ground turkey, corn flake crumbs, chopped onions, minced peppers, minced garlic and egg. Mix until fully blended. Shape into six (6) uniform patties, then give them a light coat of vegetable oil cooking spray.

Turn the heat of your barbeque grill to medium. Grill the turkey burgers for twelve to fourteen minutes, turning once. Top with grated cheese and continue grilling for another two minutes or until the cheese melts completely.

Serve on toasted buns topped with lettuce, avocado slices, and salsa. Makes six servings.

TIPS: In this recipe using <u>lean</u> ground turkey for burgers allows for the option of a high fat topping like avacado, which balances out your overall intake of fat.

Nutritional Analysis Per Serving (one burger):

29g Carbohydrates, 26g Protein, 18g Fat, 390 calories







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by tsa

here is something really amazing about a musical piece that can almost bring you to tears within the first minute of the first song, sung in a language you cannot understand. TAIMA, a duo including singer/songwriter Elisapie Isaac from Salluit and musician/composer Alain Auger of Abitibi managed to do just that in the second of two performances at the Montreal Jazz Festival.

Taima is a well-used phrase among the Inuit. It means, loosely put, "enough already, lets move on." The duo say it is also "the expression of visions that change according to the way you look at a person, an emotion, a culture or a place." They see TAIMA as a bridge and a vision of a better tomorrow. TAIMA's performance consists of Isaac and Auger, with three backup musicians on drums, bass and steel lap guitar. Their live performance is simple yet complex, much like the duo themselves.

Isaac was born of an Inuit mother and a non-native father, adopted by an Inuit family and grew up with the Inuit culture deeply ingrained. Interestingly, she has always maintained connections with her biological parents. It is her mixed background that has enabled her to cross over, to express the duality within her. She has always been interested in going beyond the boundaries and taking risks, and she went after it at an early age through communications, which is what brought her to Montreal.

It was only in 2000 that destiny introduced her to Auger. He was a professional guitarist who was interested in pushing the boundaries of music and soundscapes in the way music accentuates visuals and says so much without



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uttering a word. The two immediately knew that they connected on a musical level. They came out with an incredible self-titled debut album last year consisting of I I songs that explore the relationships between men and women, between nations and between people and nature. They have been steadily performing ever since, including three performances at the prestigious Glastonbury Festival in England.

Their show is simple: no costumes, no grand elaborate props or decorations; the stage holds the four musicians and Isaac. The lights are something else though, playing a major part throughout the show. Together with the bare stage, the lights almost mimic the North, as if the light of the sun and moon are dancing and swirling all around, illuminating faces and realities.

The musicians are flawless. Together with the lyrics, they create realities that mix the past, the present and the future, transporting one to a place and time that is intangible on some levels, yet visible and audible and thus very tangible on others.

The songs and performance as a whole are testimony to the fact that you can take the girl out of the north but you can't take the north out of the girl. Issac holds her heritage and culture closerthanthis to her chest and wears her emotions on her sleeve, while at the same time allowing certain hindering parts of the past to get left behind. While singing, she is in the zone where it is not simply about making music or putting on a good show, it's about conveying emotions in words that most people won't or don't understand, often about a culture that many are not aware of beyond the common stereotypes. She sings in lnuktitut, French and English, switching with elegant ease.

Her voice is an interesting mix that combines little-girl innocence with mature anger, thoughtful calmness with stirring acceptance, a mixture of Niko and Margo Timmons yet always original. Isaac spins a web of audible mystery in the ears. Sure you may not know what she is saying half the time but it doesn't matter, her body language tells you just as much. The emotions she lobs out sometimes tickle and are sometimes uncomfortable but always moving.

Isaac leaves no emotional stone unturned, challenging and inviting onlookers to feel with her. The songs include "So you say," a rousing, forceful song that borders on anger about the demands people and nations make of each other and seems to be that point right before the phrase taima is uttered. "Inutuulunga" is about being alone to find the strength to take matters into your own hands. "Remaining for you" is a song of love from a woman to her father on the day he dies. "Hard to be," another rocking song that was draining for both singer and observers with lyrics like, I wish I did not care/here I am back to reality/this rage has gotten to me/I wish I did not care. It's about dealing with who you are.

While the performance was not for those looking to dance in the aisles, it was moving and as more than one observer put it, "haunting." The audience sat in rapt attention from the start, exploding with rousing claps, whistles and shouts of appreciation as each song finished, with a standing ovation at the end. One could almost hear the shouts of bravo and encore as if we were at the opera.

SECRÉTARIAT
AUX ALLIANCES ÉCONOMIQUES
DE LA NATION CRIE
-ABITIBI-TÉMISCAMINGUE



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Abitibi-Temiscamingue business group visited the Communities of Mistissini and Oujé-Bougoumou on July 6-7, 2004

The Secretariat wishes to thank the Coordinator of the Economic Development of Mistissini, Mr. Donald MacLeod and also Chief Sam Bosum from the Community of Oujé-Bougoumou for the warm welcome given to the group of 20 business people of Abitibi-Témiscamingue during their visit on July 6 and 7, 2004.

Thank you to all community residents for their participation, which was greatly appreciated.



Pictured from left to right: Mr. Michael Prince Mr. Albert Diamond Mr. Donald MacLeod

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Cree Nation of Waswanipi



A special congratulations for all of Waswanipi's Graduates!

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Cree Nation of Nemaska

A learned man has always riches in himself.

—Phaedrus



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REQUIRED EDUCATION & EXPERIENCE

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- Bilingual (English-French), Cree an asset
- A minimum of 3 years or relevant experience

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The CBHSSJB pays the storage cost of your personal effects, moving expenses and provides housing. If interested, please send your letter of presentation and resume before July 28, 2004 to:

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Human Resources Management
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Chisasibi, Quebec J0M 1E0

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FONCTIONS

Le(la) détenteur(trice) de ce poste conseille en nutrition clinique et pour les patients à risque élevé. Personne ressource pour les projets communautaires de prévention primaire. Initie des projets communautaires. Travaille en collaboration avec la coordonnatrice locale. Couvre tous les programmes et toutes les clientèles.

CONDITIONS & QUALIFICATIONS PARTICULIÈRES

- Baccalauréat Ps sciences de nutrition ou diététique
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- Connaissances de la culture et des valeurs Crie sont un atout:
- Facilité d'adaptation, ainsi d'être disposé à voyager dans les diverses communautés;
- Bilingue (Anglais & Français), langue crie un atout;
- Minimum 3 ans d'expérience dans un domaine connexe;

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UNDER THE NORTHERN SKY

BABIES ARE A LOT OF WORK

by Xavier Kataquapit

grew up in a large family of two younger brothers, five older brothers and two older sisters. By the time I became a teenager, my older brothers and sisters had started their own families and for several years we were all surrounded by babies and young children. My younger brothers and I became prime candidates for babysitting jobs for our older siblings. I enjoyed spending time with my nieces and nephews and I received a great learning experience in how to care for very young children. I learned how to care for small babies from my mom, Susan, who is a very patient and caring mother. She knows how to care for children using traditional methods she learned from her own mother while they lived out on the land. Back then, child rearing out on the land in the wilderness was considered a normal part of life even in such hard circumstances. People knew how to care for their children in just about any kind of weather condition and were able to travel and continue moving about the land with their newborns.

One of the first gifts our sisters or brothers received for their newborn was a Tikinagan, as it is known in Cree or cradleboard for the new baby. The Tikinagan is a flat board set with a small trim and secured with a tough decorative cloth liner where the baby is strapped in. The board is designed with a hoop close to the top, so that if it ever falls over, the child will not be smothered in its blankets or be hurt. It is kind of like a roll bar. A shoulder strap is secured to the board. It attaches the board to a person's back. In addition, the cradleboard comes with a Wasposeeyan, a wrap made of decorative cloth and lined with moose hide stringers. The baby is placed in this wrap with warm blankets and then tied together with the stringers to keep it secure and cozy. It is a convenient method of soothing the child while also allowing the parent to carry and easily move the baby around in a bundled protective package. When it is time to move outdoors the baby in its Wasposeeyan is again packaged inside additional cloth and blanket liners inside the Tikinagan and tied down again with moose hide stringers. In cold weather, an

additional heavy cloth or canvas sheet is draped over the hoop to keep the elements at bay. This method of packaging the child allows the family to easily move the baby indoors and outdoors.

This traditional and convenient child carrier is also an instant way to keep the baby comfortable while visiting family or friends. The cradleboard can be propped up to stand on its end while the baby's head is exposed for everyone to see while the child feels secure and warm. The need for the Tikinagan came out of my people's nomadic lifestyle and constant moving about the land. Mom also taught my younger brothers and I how to care for, carry and sooth a young baby. She gained a vast amount of experience from other women in her family while growing up on the land. In addition, she had plenty of practice while caring for nine children of her own. As soon as the first grandchild was born, she taught every one of us how to change, feed and care for the newborn. The parents learned first but we brothers and sisters had to learn as well so that we could share the workload of caring for the new child.

By the time the fourth grandchild had come into our family, my younger brothers and I had learned all the main points on how to care for a small baby. Even though we were young teenage boys, mom and my sisters found that it was necessary that we learn how to change, feed and carry a small baby. One of the most important points that mom taught us was to walk a crying baby to sooth and calm its discomfort. This is a simple method of calming a child. It allows the babysitter a way to sooth the baby and wait for the parents or more experienced individuals to properly deal with any trouble the child might have. I remember walking my tiny nieces and nephews over many miles of floor space during several years of babysitting.

My brothers' and sisters' children have grown older now and my younger brothers and I don't have to care for small babies anymore. Don't get me wrong, I love babies, but you know it is very nice to see them now all grown up. Babies are a lot of work.



Do all the good you can, By all the means you can, In all the ways you can, In all the places you can, At all the times you can, To all the people you can, As long as ever you can. -John Wesley



It is with great pleasure that we extend our sincere Congratulations to all Cree Graduates



Cree Nation of Ouje-Bougoumou

CLASSIFIEDS

100 – BIRTHS

Josaih Thomas Atsynia was born on 06/22/04 at 9:50 p.m. weighing 9lbs 3oz. So now 1 can honestly say "I believe in love at 1st sight"

We would like to Congratulate our Buddie Doris Linky aka...eehh just joshin!!...OK Loralee on the birth of her baby boy Josiah Thomas Atsynia born on June 22.2004 at about 9 at nite!!..anyways congrats and take really good care of your son!...from ur buddies...

I would like to congratulate my uncle Jeffrey Salt and his wife Gloria Napash-Salt on the birth of their first baby girl. Julia Summer, born on July 6th 2004 in Val d'or at 3:39 am, weighing 7lbs 7oz. Take care of your little princess!! & May God Bless You! With Love; Mary Jane & Amelia (Wask)

We would like to welcome our precious sweet angel of joy into this world and in our lives. Our new born granddaugther, Alyssa Jolynn Flora Keysha Matthew-Loon, born on June 25, 2004 in Val d'or, Quebec, Daughter of Alice Matthew and Joe Max Loon.Congratulations on the birth of your bundle of joy! Take good care of our little angel of joy and...hey! Tyson...looks like you're not the baby anymore!..but you will always be our little "agitator". Lots of hugs and kisses to our dearest granddaughter - Aylssa Jolynn Flora Keysha Matthew-Loon Love Grandpa - JB and Grandma - Laurie Loon From Mistissini.

101 - BIRTHDAYS

I would like to wish a Happy Birthday to my Brothers Antoine and Wayne Diamond on July 5th, Hope you have many more birthdays to come. I love you both even though we argue sometimes but that's life. P.S. Wayne take care of the new baby girl. Love always: Angela & Justine & Mason Diamond

We would like to wish To A Happy 16th Birthday to our Handsome Buddie Preston Pachano.....on August 31'04 we hope you have a blast on your birthday.....P.S Don't get drunk we don't want to take you home.....lol...just kidding, From:Your Girlfreinds You might know us...from Chisasibi....Happy Birthday Preston!!(Handsome)(K)

Someone is turning 2! I'd like to wish happy b-day to my son Preston Brien-Weistche. He will celebrate his b-day on June 30, I hope you had alot of fun and cake at your party.WOW! you're growing so fast and too fast. It seems like yesterday when we first held you in our arms. Well keep on growing because you grow into such an adorable and funny boy. You've changed our lives into so many special ways. We love so much! Wishing you love and happiness everyday!Love mommy and daddy X0X0X0

I'd like to wish a Happy Birthday to my friend Amanda Voyageur on July 27..I hope your day will be special, Have a wonderful day and Enjoy it with your son...From: your friend ya know me!!

We Would Like To Wish Our Baby Brother Andrew(jr) Johnstone A Happy Birthday

On July 24, 2004 Hope You Have Fun On Your Day Hope We Have BBQ Again Iol.:P Love Always: Rhonda, Doreen, Dwayne, Angela, James, Suzanne XOXOXOXOXOX

To Our Uncle Andrew(jr) Johnstone A Happy 7th Birthday We Love You So Much And Always Will Give Me Some Birthday Cake (Rose) Love Always: Rose Chewanish Sam And Bianca Jonah Pachano

I Would Like To Wish My Baby Boy junior Johnstone A Happy 7th Birthday I Love You My Baby Boy So Much. I LOVE YOU, Love Always: Mommy (Christine)

We Would Like To Wish Our Big Sister Rhonda A Happy 19th Birthday on July 30, 2004 Don't Party Too Much, Hope You Have Fun On Your Special Day We Love You So Much. From: Doreen, Dwayne, Angela, James, Suzanne, Junior P.S DON'T COME HOME IF YOUR NOT DRUNK.......LOL.J/K DON'T DRINK TOO MUCH.....I GUESS YOUR GOING TO RADISSON NAH?......LOL:p:p

HAPPY BIRTHDAY TO JAMES ON JULY 31 2004 HOPE YOU HAVE FUN WEE LOVE YOU ALWAYS LOVE ALWAYS: RHONDA, ROSE, DOREEN, BIANCA, DWAYNE, ANGELA, SUZANNE, JUNIOR

TO MY MOMMY RHONDA, HAPPY BIRTHDAY, HOPE YOU DON'T DRINK TOO MUCH, I LOVE YOU SO MUCH WITH ALL MY HEART. I LOVE YOU MOMMY WITH LOVE:ROSE CHEWANISH SAM

We would like to wish A Happy 20th Birthday To Louisa Salt On July 26-2004 have a blast on your Birthday Don't Party Too much cuz your in waswanipi....lol HAPPY BIRTHDAY AGAIN FROM Allison And Alice In Chisasibi

HAPPY BIRTHDAY to a special Person granny HATTIE CHEEZO in Eastmain on July 7. We miss you and you will always be in our hearts & to my brothers, Oliver Jolly on July 14 & Jackson on July 16, 2004. Hey I dont have gifts for you guys, at least I didnt forget your birthdays. And remember that I do love you all. From: Me, Stephanie Jolly (Sista)

At 5:30 A.M. on July 24, 1993 just when the sun was rising my warrior was born into this world. For me to love and cherish 4-ever, you are the sunshine in my life, Johnny Albert Mianscum. Happy birthday babe, Love Always: Mom, Casey and Amanda. XXX

Ethan Jessie James Happyjack, my God child, I am soo happy to wish you, your "First birthday" have a beautiful day baby, you deserve all the happiness in this world. Happy 1st Birthday, Eathan boy! Love your Godmother, Auntie Sue. XXX

Ooops, I almost forgot to mention a Happy Belated birthday to the one I Love. Alexander John Blacksmith on June 17, 2004. Hope your reading this article. Love always, Sue XXX

We would Like to wish a Happy Birthday To Tony Rupert On July 12 2004 I hope your day will be special, have a wonferful birthday enjoy it! HAPPY BIRTHDAY!! From: Your 2 Girlfriends...you might know us!

We would like to wish a Happy Birthday to my sister/Aunt Louisa Salt on july 26'04 Happy 20th Birthday and many more to come!...We miss you so much Louisa!

From your sister Sharon And Your

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En parler, c'est possible. Le prévenir, c'est indispensable!



CLASSIFIEDS

Nephew Anthony Napash in Chisasibi we would like to wish a Happy 20th Birthday To our daughter Louisa On july 26'04 we hope you have a special day on your birhday We love and miss you so much Once Again HAPPY BIRTHDAY! Love Always: Mom & Dad(Katherine and Robert)in chisasibi

Wishing a happy belated 25th b-day to 'Jeets' on June 27, 2004. Thank you for everything jeets, and we'll miss you when you go to college again, especially 'Beans'! We know you'll do good and make us very proud. Behave! With love, Simonsh, Dakotah (a.k.a, 'Beans') and Isabelle

You're here for me and you always care. when I need to talk your always there. You taught me everything I know today; when I go the wrong direction you turn me the right way. When my life is turning upside down, you are there to help erase my frown. There are times when you make me really mad, but you would rather make me happy then ever make me sad. You wish me the best in everything I do, I'm so happy to have a mother like you. So I wanna tell you that I care for you too... so Have a great day on you're BIRTHDAY and I love you. Happy birthday to Sophie Dixon she turned 40 on July 27, 2004. Love always Melissa.

July 16th, a very special, cute, smiley little boy turns the BIG 1!! He is my 2nd grandson, Ethan Happyjack from Waswanipi. Ethan, remember gookum loves you sooooo much and that I will always be there for you!! Happy Birthday, my handsome grandson!! Fr: Gookum Flora.

A "happy birthday" wish going out to Pop-Poy (Allan) on July 24th, 2004. May your day be special in every way, for you deserve it! Enjoy it to the fullest! Also on the same day, Johnny Mianscum (our nephew) turns 11!! My, how times flies, already 11 years old. Johnny, "happy birthday" and many more to come. We love you very much! From: Danny & Flora

I'd like to wish Samuel Rabbitskin from Nemaska a Happy Birthday for July 29. Coming from your friend, Olivia Achneepineskum from Marten Falls First Nation, Ontario. Hope you have a wonderful day. God Bless You.

102 – WEDDINGS

Congratulations to Laurie Ann Georgekish & Calvin Hester on their upcoming wedding on Friday, August 13, 2004 in Wemindji. Best wishes for the years to come. We can't wait to witness your big day. Once again congrats. From your wedding party.

103 - ANNIVERSARIES

We would like to wish my sister and aunty Charlotte and her hubby Rusty Moar a Happy 14th Anniversary and many more years to come on July 27th 2004. We Love You Both! Love Always. your sister Lorraine and you Niece Janine Kanatewat (Chisasisbi)

Wishing my husband Johnny a very Happy 1st Anniversary on July the 4th. Yes dear, it's been a year! I can't help but feel we've grown so much closer. They say the 1st year is the toughest, but I feel we have learned to live with one another in faithfulness, trust, respect and love. Even though we suffered the loss of our baby girl, I believe it has only made us stronger as we continue to comfort each other. I know we have what it takes to make it work, and that we will succeed in anything we do together. I am thankful for what I have today, a husband like you, our son with us and a daughter up there in heaven. I hope and pray that we will continue to grow together as one in the years to come...love you forever! Xoxoxo Mrs. Salt

Wishing my parents and Grandparents Janie and Robert Kanatewat a Happy 45th Anniversary and many more years to come on July 13th 2004. We love you both so so so much. Mom, Dad I want to Thank you for telling me how to raise my daughter Janine, not just that for being there for us and for being a wonderful, loving, caring and understanding parents. I can't wait to celebrate on your anniversary. Once again Happy 45th Anniversary & Thank You, Mom and Dad. Love Always, Your daughter Lorraine & Granddaughter Janine K.

104 – GRADUATIONS

Wishing you a safe and happy vacation and congratulations to the 2004 graduates of Canadore and other colleges and universities. To those thinking of furthering your education, do it. It has been my pleasure to help you and your children since 1987. Both Roger Chum and I wish you all the best in the years to come.P.S. our Canadore geese have lots of little ones this year! Come and see them. Liz Dowdall, Counsellor Aboriginal Learning Unit, Canadore College, North Bay, 705ext. 5203/5658. dowdalle@canadorec.on.ca

We would like to congratulate Maxine Gilpin on her Graduation on June 22, 2004. You did it! We are so proud of you and we love you very much. >From all of

us at home mom, Dad, Tony, Floyd & Titus and especially Nicholas Tyrese Vincent Gilpin.

This one goes out to my son Aaron Willie Happyjack my son I'm so proud of you for finishing your high school and I always want you to remember that I'll always be here for you. No matter the distance between us when you go to school first of all I'll miss you very much because is been awhile since we've been separated from each other and I'm so used to having you near me and I hope it well stay that way forever. Once again congratulations for your graduation on August 6, 2004. I Love you very much my son. Love always your mom (Josephine Happyjack)

Simon Natawapineskum will be graduating from daycare in Wemindji on August 12, 2004. Simon, I hope you know how very proud I am you, and every single thing you accomplish (big or small) means the world to me. It was once thought that you may never speak, but you have proven that wrong by saying your few sweet, little words. We still have a long journey ahead of us, but see, miracles do happen and you are certainly one in my eyes! I love the big hugs and kisses you give me so freely now (I had been waiting for those). I love you Simonsh! With love, 'Momma' and your little bro' Dakotah P.S: Happy 5th birthday on August 31, 2004!

Simon and I would like to say congrats to all of his little buddies in daycare on their graduation on August 12, 2004 (in Wemindii): Faith Atsynia, Romy William Nat., Curtis Georgekish, Shanush, Curtis Wadden, Faith Shash., Clayton Stewart, Jolene Stephen, Starla Kakabat, Shania Matoush (I hope I didn't miss anybody) These children have helped Simon in so many ways, and I would like to thank them all for their kindness and patience with Simon. Simon loves all his 'buddies' and we hope they continue their special friendship in the coming school years. Special Thanks to all of Simon's daycare educators for their patience and care. Thank you all! From Simon and Isabelle Nat

300 – PERSONALS

We would like to wish a Happy fathers day to my dad Basile Diamond (Amos) on June 20th. Hope your day will be as special as you are. Thank you for all your love, We Love you so much and we miss you P.S. Happy belated Birthday on May 9, take care. Love always: Angla, Justin, Mason Diamond, xoxox

Jolie femme 35 ans. veut ami(e). Intention aussi d'aller Baie James pour emploi. Tel: 664-5554. (SVP Donner votre code regional)

Nice woman, 35 years old, wish to make friends (man/women). Plans to work in James Bay. Tel: 664-5554 (please send the Nation your area code)

A very special thank you to the community of Whapmagoostui - Kuujjuarapik. I want to express my gratitude for your warm reception to my musical entertainment. Special thanks to Andrew Petagumskum, For taking special care during my stay. Glenn Polson Entertainer we would like to wish the greatest dad in the world a HAPPY FATHERSDAY! We love you very much his name is: Robert Baribeau you are a great father to us and we love you you make us feel safe and protected we hope you have a great time up the lake ...

We're so glad we'll be with you all summer. I (nikki) always conceider you as my role model cause even tho you had a rough time growing up you still have a great job and you are very nice to everyone, you are our "SUPER DAD" you are the piece that holds our family together you are just the perfect father for us...and you are the perfect husband for mom, without you we wouldn't be here right well once again "HAPPY FATHERS DAY DAD" we love you.. love always: Nikki, Bruno, Joey, Angel xoxo...xoxo...xoxo

To my b/f in Eastmain. Just a note to let you know there is not a day goes by when you are not in my thoughts. My love for you goes beyond simple words, what we have together is a feeling so strong, so wonderful, there are no words to discribe it. Whether we are together or apart, my love for you will always be in my heart. Just being by your side, hearing the sound of your voice and the way you look at me, is a love that I will cherish each and every moment of my life. I am glad to have you back in my life, I love you. From your g/f who misses you so much.

500 - MISC

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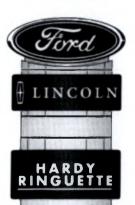












C.P. 610, 1842, 3^e Avenue Val-d'Or (Québec) J9P 4P6

Tél.: (819) 874-5151

Fax: (819) 874-6835

Courriel:

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